

Flora^{riso}

RICE AND CHICKPEA PATTIES

SERVES 2



INGREDIENTS

- 420g Chickpeas
- 90g Flora Riso Integrale
- 26g, finely chopped Onion
- 15g, finely chopped Parsley/Spinach
- 1 Le Natuelle Egg
- 1 teaspoon salt
- Half a teaspoon Freshly Ground Pepper



METHOD

- 1** Cook the rice as per the package instructions.
- 2** Drain and rinse the chickpeas. Add the cooked rice to a large bowl along with the chickpeas.
- 3** Mash the rice and beans together until all of the beans are broken up. Add the chopped onion, chopped parsley or spinach, salt, pepper and the egg. Mix well.
- 4** Scoop out some of the mixture and form into patties.
- 5** Heat up a large pan with some oil. Add the patties and fry on medium heat for 3-4 minutes on each side.
- 6** Serve with a side salad or Tzatziki.